

10 The body beautiful

Sports • Intensifying adverbs • The body • Clichés

STARTER

- 1 Think of ten sports where you have to compete against an opponent, and ten sporting activities which you can do as an individual.

Competitive

squash
wrestling
netball

Individual

yoga
aerobics
skateboarding

Compare your ideas with the class.

- 2 **T 10.1** Listen to radio commentaries of six different sports. Can you identify each one? What were the clues that helped you?
- 3 Which sports do you like to take part in? Which sports do you like to watch? What do you do to keep fit?

READING AND SPEAKING

The age of sport

- 1 What sports are these people renowned for? Why, do you think?
 - Australians
 - African-Americans
 - Kenyans
 - Brazilians
 - Chinese
 - Russians
- 2 Who is the most highly-paid sportsperson in your country? In the world? Is he/she in ... ?
 - motor-racing
 - golf
 - boxing
 - football
 - athletics
 - baseball
- 3 What are the biggest sporting events in your country? In the world?
- 4 Look at the paragraph headings in the article and make some notes on what the text might be about. Compare your ideas with the class before reading the article.
- 5 Read the article and answer the questions.
 - 1 What is the correlation between sport and strawberries?
 - 2 The first paragraph describes various aspects of the current 'Age of Sport'. What, by implication, were these aspects like before this era?
 - 3 'Sport knew its place.' What does this mean? Why doesn't it know its place any more?
 - 4 How has TV changed sport? Has this change been beneficial or not?
 - 5 Why is the London Marathon mentioned?
 - 6 In what ways are most sports stars like everyone else?
 - 7 What is the correlation between modern sports stars and ancient gladiators?
 - 8 What can sport offer that a rock concert can't?
 - 9 What is special about the Olympics and the World Cup?
 - 10 Why is the besotted fan in a minority?

Vocabulary work

- 6 Work out the meanings of the highlighted words in the article.

What do you think?

- Do you agree that our culture is obsessed by sport?
- Which sporting events are taking place now? Do you think there is too much sport in the world? Too much sport on television?
- 'As individuals become rich, sport becomes impoverished.' Can you think of any examples that support this opinion?
- Who are the sports icons of the moment? Why are they famous?
- Who do you think is more interested in sport, men or women? Why?



Sport used to be like fresh fruit and vegetables. Football had its season, then it ended, and you had to wait a while to get some more. Tennis was an explosion of Wimbledon at the end of June, Flushing Meadow in September and the Australian Open in January, and that was that. Now, just as you can get fresh strawberries all year round, there are major championships for every sport taking place somewhere in the world all of the time.

Sport is everywhere

Sport is ubiquitous. Sky TV has at least thirteen sports channels. Throughout the world there is a proliferation of newspapers and magazines totally dedicated to sport. Sports personalities have become cultural icons, worshipped like movie-stars and sought after by sponsors and advertisers alike. Where sport was once for fun and amateurs, it is now the stuff of serious investment.

Of course, sport has always mattered. But the point is that in the past sport knew its place. Now it invades areas of life where previously it had no presence: fashion, showbiz, business. It is a worldwide obsession.

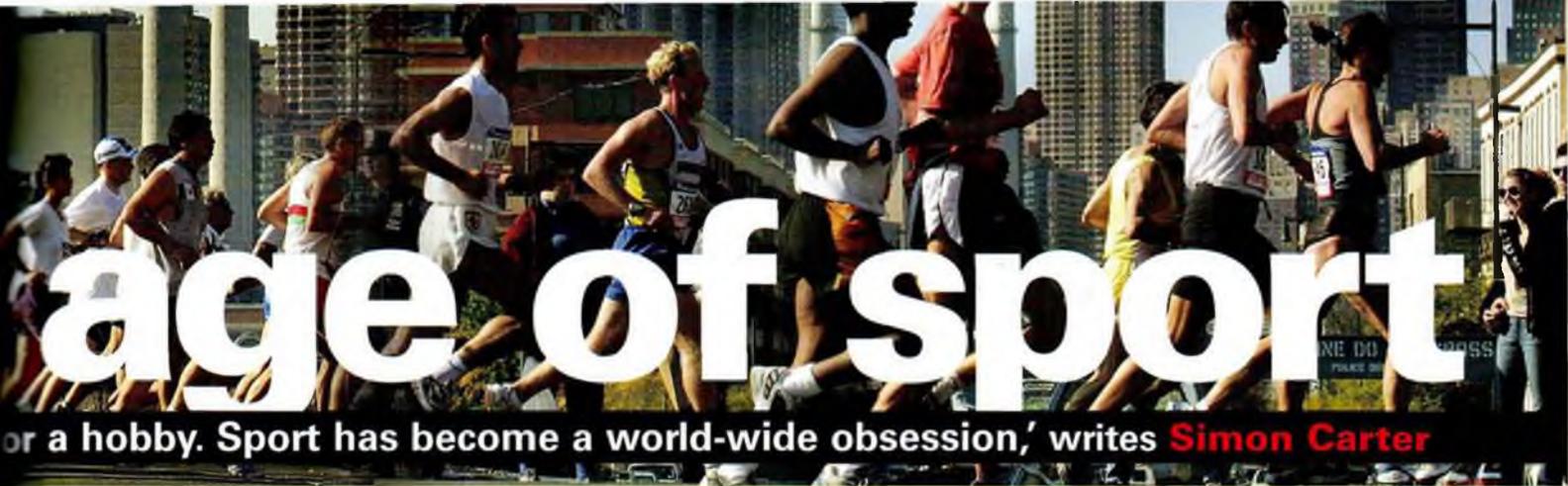
Why this obsession with sport?

What is it that makes sport so enjoyable for so many?

First, we seriously believe that sport is something we can all do, however badly or however well. Tens of thousands set off on the London and New York Marathons. Amateur football matches take place all over the world every weekend. Sport is a democratic activity.

Second, sports stars are self-made people. Sport is dominated by athletes from ordinary backgrounds. This is why it is a classic means by which those from the poorest backgrounds can seek fame and fortune.

Third, we enjoy watching sport because we like to see the supreme skill of those who act like gladiators in



age of sport

or a hobby. Sport has become a world-wide obsession,' writes **Simon Carter**

the modern arena. There is the excitement of not knowing who is going to win. No rock concert, no movie, no play can offer that kind of spontaneous uncertainty. This gut-wrenching experience can be shared with a crowd of fifty round a widescreen TV in a pub, or a thronging mass of 100,000 live in a stadium.

The role of television

Television has been absolutely crucial to the growing obsession with sport. It gives increased numbers of people access to sporting events around the globe. With this, certain sports have accumulated untold riches via advertising, sponsorship and fees. Television changes sport completely, nearly always for the worse. We are saturated with football nearly every night of the week with the same top clubs playing each other again and again. TV companies dictate tennis players' schedules. The most important matches must take place at a time when most people are at home, even if this is late at night. Only in this way are the highest advertising fees commanded.

Sport as big business

The growing importance of sport is reflected in the money that surrounds it. Sky TV's sports channels are worth over £8bn. Manchester United football club is a public limited company worth around £1bn. It has even formed a superclub with baseball's New York Yankees, so that they can package themselves collectively. The rise of sport has been accompanied by the growing prominence of sports stars. They have become public figures, hence in great demand for TV

commercials. For advertisers, they convey glamour, success, credibility and authenticity. The rise of the sports star is mirrored by the rise of sports companies such as *Nike* and *Adidas*. Along with pop music, the Internet, and multinational companies, sport is one of the key agents of globalization.

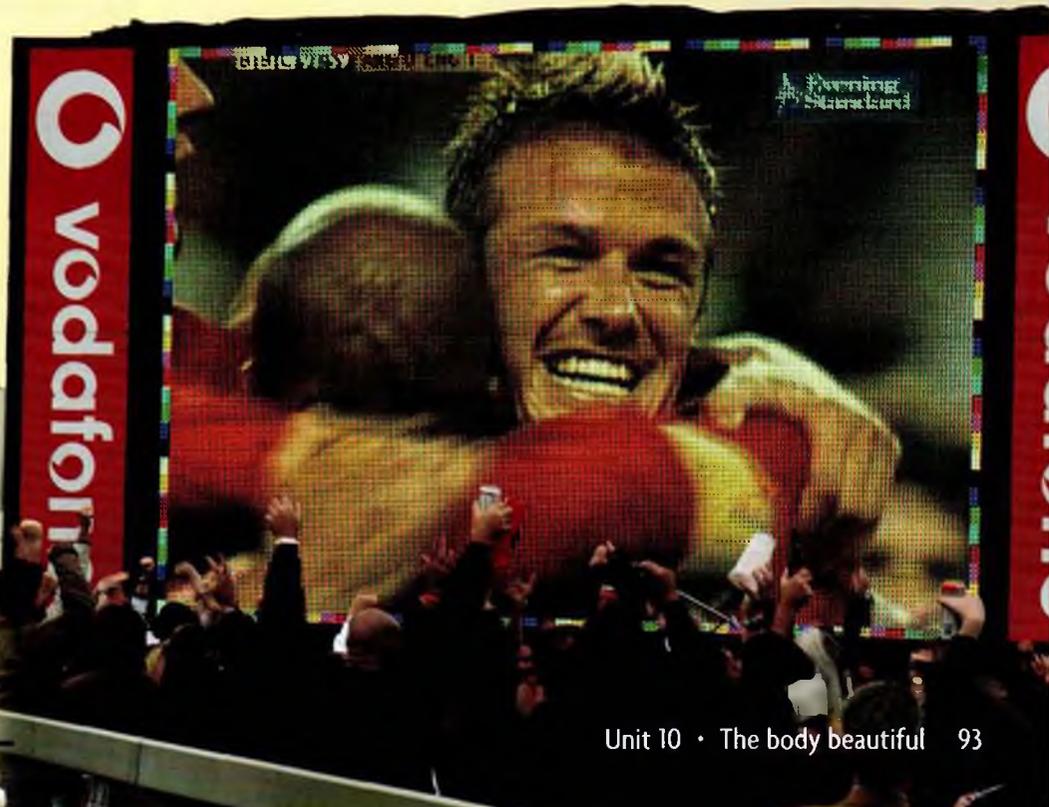
Sport the global unifier

'Sport probably does more to unify nations than any politician has ever been capable of.' So said Nelson Mandela. The only truly global occasions are the Olympics and the World Cup, watched by thousands of millions across the world. These great sporting events bring together players and athletes from different races like no other. Not only that, but sport provides just about the only example of global democracy

where the rich do not dominate: on the contrary, Brazilians have long been supreme at football, the Kenyans at middle-distance running, and black Americans at boxing.

The ultimate risk

However, there are signs of disquiet in this vast, global industry. The sheer volume of sport is reaching bursting point for all but the most besotted fan. In football, the president of FIFA has suggested staging the World Cup every two years instead of four, and overpaid tennis players and golfers fly endlessly in personal jets from one meaningless tournament to the next. Sport risks killing itself through greed and over-exposure. The danger is that we will all become satiated and ultimately disillusioned.



LANGUAGE FOCUS

Intensifying adverbs

Intensifying adverbs often go together with certain verbs and adjectives. Look at these examples from the article on pp92–3.

totally dedicated change **completely**
seriously believe **absolutely** crucial

▶▶ Grammar Reference p157

1 Choose the *two* correct adverbs in these sentences.

- 1 I *totally / perfectly / quite* agree with you.
- 2 She *totally / quite / strongly* disagrees with me.
- 3 Some people *sincerely / seriously / entirely* believe there's life in space.
- 4 I *perfectly / strongly / completely* understand what you're trying to say.
- 5 I *totally / really / quite* like spicy food.

2 Choose the *one* correct adverb in these sentences.

- 1 I *absolutely / completely / sincerely* adore ice-cream.
- 2 I *perfectly / strongly / totally* forgot about her birthday.
- 3 What you believe depends *entirely / seriously / sincerely* on your point of view.
- 4 I *really / quite / completely* can't stand getting up in the morning.
- 5 I have *absolutely / entirely / thoroughly* enjoyed the evening with you.

3 Match a gradable adjective with an extreme adjective.

Gradable adjective	Extreme adjective
stupid	delightful
expensive	brilliant
pleasant	exorbitant
unusual	devastated
upset	extraordinary
clever	ridiculous

With which group or groups of adjectives can we use these intensifying adverbs?

very absolutely really quite

T 10.2 Listen and check. Practise the sentences.

4 **T 10.3** Listen to the sentences. When does *quite* mean ...?

- *up to the top* with an extreme adjective
- *up a bit* with a gradable adjective
- *down a bit* with a gradable adjective

Practise the sentences, paying attention to stress and intonation.

5 Choose the *two* correct adverbs in these sentences.

- 1 Kate thinks maths is hard, and she's *absolutely / very / quite* right.
- 2 Personally I find maths *extremely / totally / quite* impossible.
- 3 She's *absolutely / completely / extremely* terrified of dogs.
- 4 I was *absolutely / very / terribly* pleased to hear you're getting married.
- 5 I'm sure you'll be *totally / extremely / really* happy together.

T 10.4 Listen and check. Practise the sentences, paying attention to stress and intonation.

6 Choose the *one* correct adverb in these sentences.

- 1 This wine is *absolutely / totally / rather* pleasant. You must try it.
- 2 I'm *absolutely / terribly / very* determined to lose weight.
- 3 The film was *totally / utterly / quite* interesting. You should see it.
- 4 The restaurant was *quite / utterly / absolutely* nice, but I wouldn't recommend it.
- 5 If you ask her, I'm *terribly / pretty / completely* sure she'll say yes.

T 10.5 Listen and check. Practise the sentences, paying attention to stress and intonation.

7 Work with a partner. Write questions to prompt responses which use some of the adverb collocations you have practised. Ask and answer questions with another partner.

- A *Are you going to take the exams?*
- B *Yes, I'm absolutely determined to pass.*



'He's not totally lacking in ambition. He dreams of one day owning a bigger TV set.'

VOCABULARY AND SPEAKING

Words to do with the body

- 1 Label the numbered parts of the body, using the words in the box. The numbers in black boxes are inside the body.

ankle	earlobe	jaw	neck	throat
armpit	eyebrow	knee	rib	thumb
bone	forehead	kidney	shin	toe
brain	groin	knuckle	shoulder	vein
calf	heart	lip	spine	waist
cheek	heel	liver	stomach	wrist
chest	hip	lung	temple	
chin	intestines	muscle	thigh	

What other body parts can you name?

- 2 Complete the sentences with a part of the body used as a verb in the correct form.

- In the final seconds of the match, Martin _____ the ball into the back of the net.
- After his father's death, Tom had to _____ the responsibility for the family business.
- When a couple gets married, it's usually the bride's family who _____ the bill.
- The boys stood on one side of the room, _____ up the girls on the other side.
- You've got to _____ facts, Jack. You're in debt, and you have no income.
- Old ladies are the worst people in queues. They just _____ everyone else out of the way.
- I ran out of petrol, so I had to _____ a lift to the nearest petrol station.
- Maria, could you help me by _____ out these books to the other students?
- My friend Pat loves _____ around other people's houses, looking in cupboards and reading their letters.
- When a mugger tried to attack Jane, she _____ him in the groin and left him collapsed on the ground.

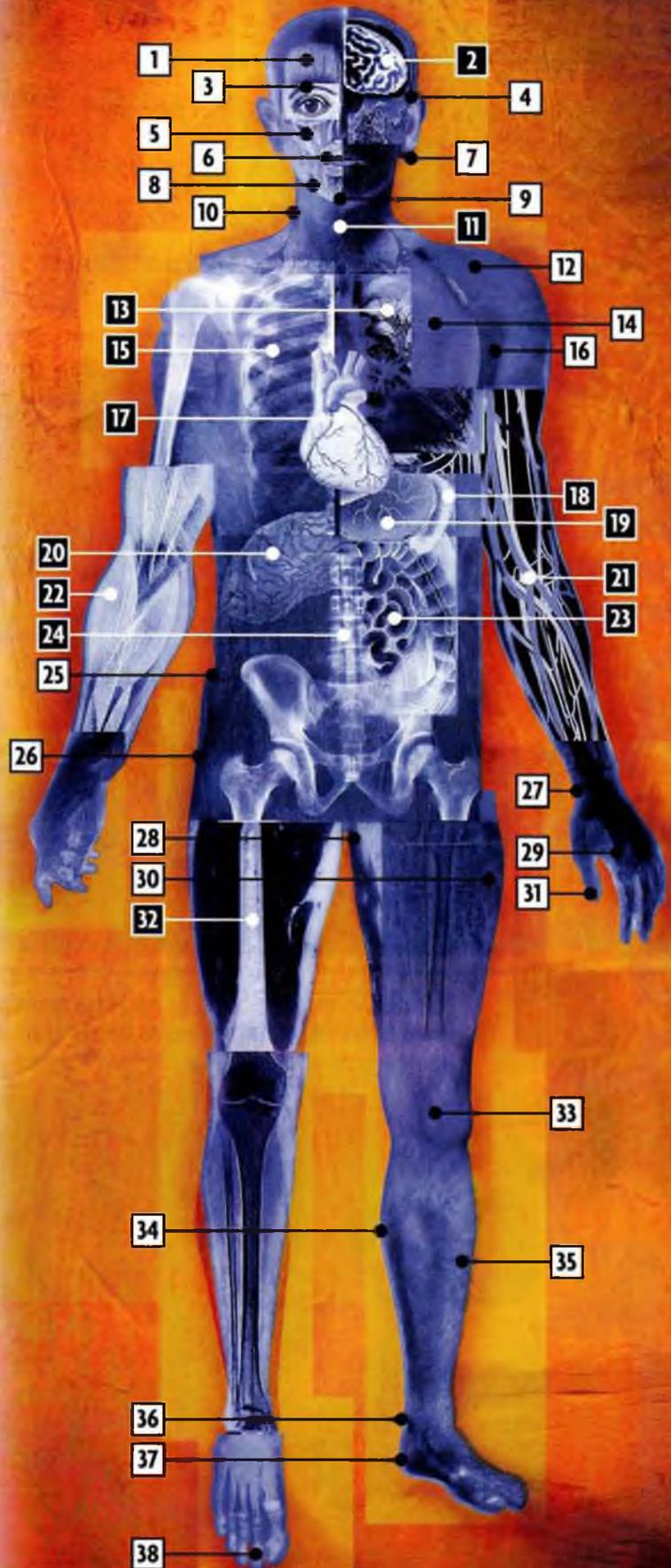
- 3 What part of your body do you use to do these things?

tickle	stroke	nudge	thump	sniff	slap	munch
smack	pinch	squeeze	grin	rub	clap	pat
hug	frisk	shove	spit	wink	scratch	

Why might you do these things?

You tickle someone to make them laugh.

- 4 Close your books and work with a partner. Take turns to mime a verb for your partner to guess.



LISTENING AND SPEAKING

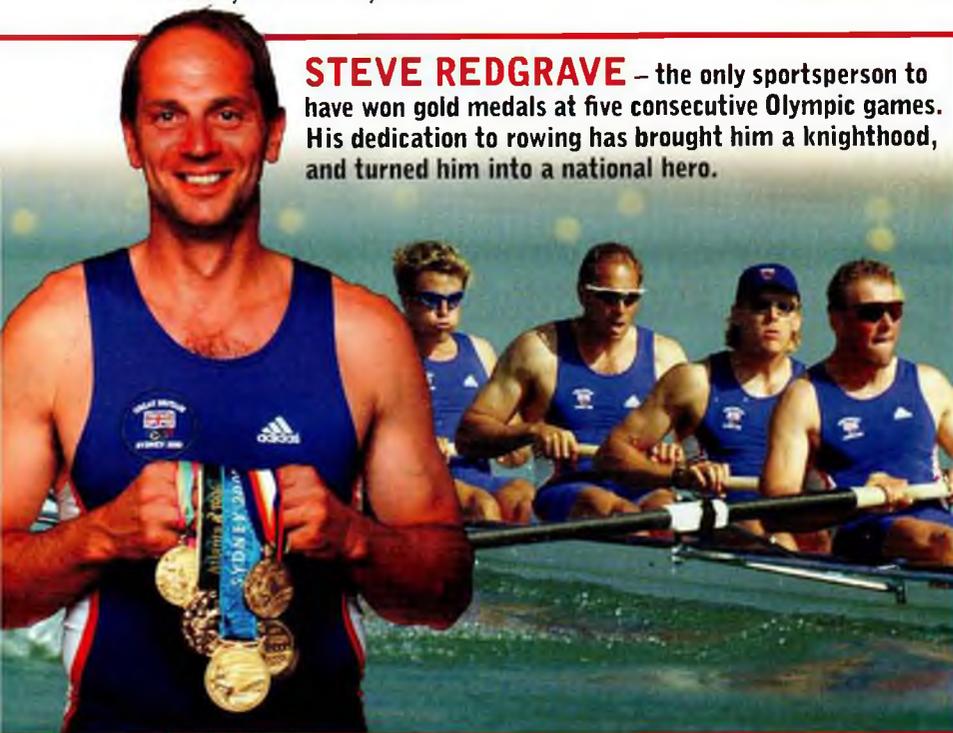
Sporting heroes and heroines

The rower and the ballet dancer

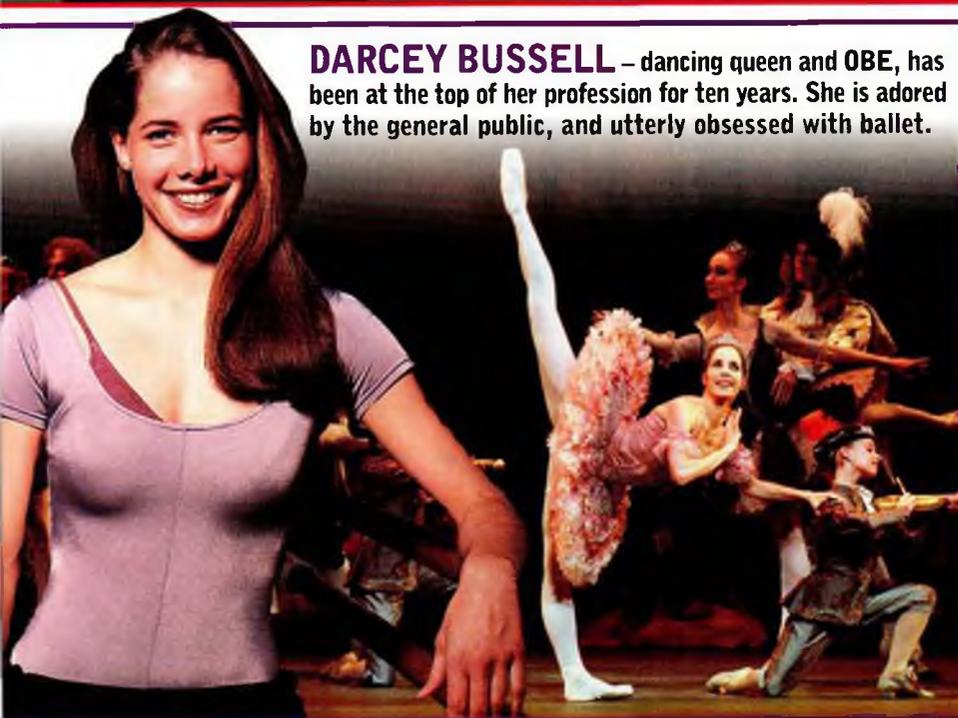
- 1 Do you have a particular sports person that you admire? Who? Why? Discuss as a class.
- 2 What do you think the life of a professional sportsperson is like? What are the highs and lows?
- 3 Look at the photos and read the quotations on the right. Who do you think says what?

“ When you get tired, you can't slow the pace. You have to go through the pain barrier. You can't stop. ”

“ Of course the worst thing that happens to you is your feet. I haven't had toenails for years. ”



STEVE REDGRAVE – the only sportsperson to have won gold medals at five consecutive Olympic games. His dedication to rowing has brought him a knighthood, and turned him into a national hero.



DARCEY BUSSELL – dancing queen and OBE, has been at the top of her profession for ten years. She is adored by the general public, and utterly obsessed with ballet.

- 4 Work in two groups.

Group A T 10.6 Listen to Mick and Jez talking about Steve Redgrave, the Olympic rower.

Group B T 10.7 Listen to Adelhaide and Kate talking about Darcey Bussell, the ballerina.

Answer the questions.

- 1 Why are the speakers interested in Steve/Darcey?
 - 2 What have been the best moments of Darcey's/Steve's career?
 - 3 What health problems has he/she had?
 - 4 What is her/his training programme?
 - 5 What does his/her diet consist of?
 - 6 How does she feel during a performance? How does he feel during a race?
 - 7 What sacrifices has he/she had to make?
 - 8 Who are the significant people in her/his life?
 - 9 What are his/her ambitions for the future?
 - 10 What kind of a relationship do the two speakers have? What do you learn about them?
- 5 Work with a partner from the other group. Compare and exchange information.

What do you think?

- 1 Whose training programme is harder, Darcey Bussell's or Steve Redgrave's? Who has suffered more?
- 2 What sort of person do you have to be to succeed in sport? Why do you think they do it?
- 3 Do you know any examples of sports people burning out? What were the pressures on them?

SPEAKING

How healthy and fit are you?

- 1 'If you're fit, you don't need to exercise. If you aren't fit, exercise is dangerous.' Do you agree with this logic or not? How can you injure yourself taking exercise?
- 2 Work with a partner and ask each other the questions in the quiz. Work out and compare your scores, and decide on your priorities for action.

What do you think?

- How effective and useful are these quizzes?
- Will you pay attention to the results and alter your lifestyle?



'My doctor wants me to walk a mile after every meal, but, frankly, ten miles a day is killing me.'

HEALTH & FITNESS QUIZ

How healthy & fit are you? How healthy & fit could you be?

How true are these statements for you?

5 Always **4** Often **3** Sometimes **2** Rarely **1** Never

- 1 I start the day with a sensible breakfast.
- 2 I tend to have 4 or 5 smaller meals a day.
- 3 On an average day, my diet would include 5 portions of fruit and vegetables.
- 4 Less than 30% of my daily calorific intake is fat.
- 5 I regularly take food supplements of vitamins and minerals.
- 6 Fried foods don't feature in my diet.
- 7 I don't eat red meat.
- 8 I make sure I drink 6-8 glasses of water a day.
- 9 My sugar consumption is generally low.
- 10 I don't have more than 2 alcoholic drinks (for men, 1 for women) a day.
- 11 I exercise aerobically at least 3 times a week.
- 12 I work out with weights or exercise machines twice a week.
- 13 As well as a proper lunch break, I take a couple of breaks during the working day.
- 14 I get about 7-8 hours of sleep a night.
- 15 I actively cultivate relationships and interests outside of work.
- 16 I probably break into laughter about 20 times a day.
- 17 I allow myself adequate time off for holidays.
- 18 I meditate, pray, or practise some form of relaxation technique daily.
- 19 I feel in charge of my health and take full responsibility for it.
- 20 I generally have a positive mental attitude.

Check your answers to each question. To score your profile, add up the numbers.

My total score is:

If your total score is:

100-80 you have **excellent** health habits (great job, keep up the good work!)

79-70 you have **good** health habits (good, but let's work on it a little)

69-60 you need **special** attention (let's go to work on it now)

59-0 is a **red alert!** (do something about it now!)

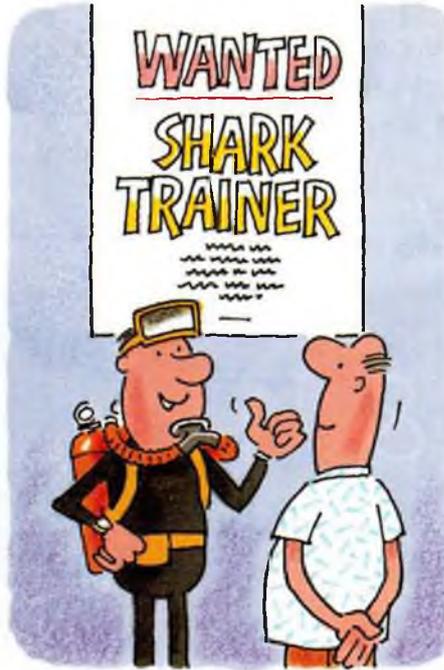
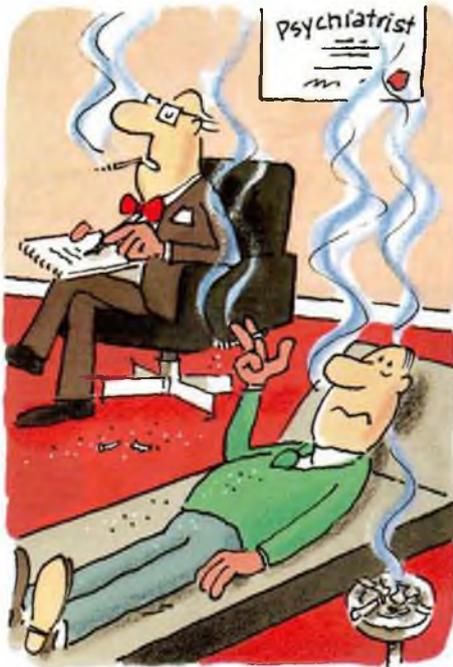
Decide on your top three priorities for action from your lowest scores in the quiz:

- 1 _____
- 2 _____
- 3 _____

THE LAST WORD

Clichés

- 1 **T 10.8** A cliché is a phrase which has been used so often that it has lost much of its force. Read and listen to the conversations and identify the clichés. What do they mean?



- 1 **A** You should get a new job, stop smoking, and have a healthier lifestyle.
B Easier said than done.

- 2 **A** I don't know whether to apply for that job or not. What do you think?
B Well, I'm not sure. At the end of the day, it's your decision.

- 3 **A** Jamie and I are off out for the evening.
B Have a great time! Don't do anything I wouldn't do.

- 2 Match a line in **A** with a line in **B**. Where are the clichés? What do they mean?

A	B
1 Mum! Tommy's broken the vase!	a Oh, well. A change is as good as a rest.
2 I just need to go back in the house and make sure I've turned off the iron.	b Never mind. Accidents will happen.
3 It's been raining non-stop for weeks! Do we need some sunshine!	c Well, you know what they say. No pain, no gain.
4 Work's awful at the moment, and I have to go away on business this weekend!	d Good idea. Better safe than sorry.
5 I got a card from Jerry a week after my birthday.	e Oh dear! They say these things come in threes, you know.
6 We're having a complete break for a fortnight.	f You can say that again.
7 Took me ten years to build up my business. Nearly killed me.	g It takes all sorts.
8 Larry's failed his exams, Amy's got chicken pox. Whatever next?	h The mind boggles. It doesn't bear thinking about.
9 They've got ten kids. Goodness knows what their house is like.	i Oh, well. Better late than never.
10 Bob's a weird bloke. Have you heard he's going to walk across Europe?	j Sounds like just what the doctor ordered.

T 10.9 Listen and check. Do you have any similar clichés in your language?

- 3 **T 10.10** Listen and respond to the statements, using a suitable cliché.